

New Mexico Grief Support Programs



ONGOING DROP-IN GRIEF SUPPORT GROUPS:

Open, drop-in groups invite people to come together with those who have similar losses. Participants may attend as often or as little as needed and discussions are personalized to fit the needs of each 90 minute group.

Scan to Register or Learn More



THE GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS:

East Mountains: Edgewood At Blue Feather Healing & Growth Center

Upcoming dates: Wed. Dec 3, Jan 7 | 6:30 PM
(95 NM 344, Suite 8, Edgewood, NM 87015)



Blue Feather Healing & Growth Center
Conscious Living Resources for Growth & Inspiration

Virtual

Upcoming dates: Tues. Dec 16, Jan 20
3pm PT / 4pm MT / 6pm CT / 6pm ET

Virtual

Upcoming dates: Wed. Dec 3, Jan 7
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A SPOUSE OR PARTNER:

Albuquerque At Daniels Family Funerals - Wyoming

Upcoming dates: Mon. Dec 1, Jan 5 | 5:30 PM
(Wyoming Chapel, 7601 Wyoming Blvd NE, Albuquerque, NM 87109)

Virtual

Upcoming dates: Wed. Dec 10, Jan 14
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A CHILD:

Albuquerque at Daniels Family Funerals - Carlisle

Upcoming dates: Tues. Dec 2, Jan 6 | 5:30 PM
(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

Albuquerque Family Caregiver Grief Support (Post-Loss Only) At Daniels Family Funerals - Strong-Thorne

Upcoming dates: Mon. Dec 8, Jan 12 | 4:30 PM
(Strong-Thorne Mortuary, 1100 Coal Ave SE, Albuquerque, NM 87106)

Virtual Young Adults Grief Support

Upcoming dates: Mon. Dec 15, Jan 19
5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual Family Caregiver Circle (Current & Post-Loss)

Upcoming dates: Thurs. Dec 4, Jan 1
4pm PT / 5pm MT / 6pm CT / 7 ET

Virtual LGBTQ+ Grief Support

Upcoming dates: Mon. Dec 8, Jan 12
4pm PT / 5pm MT / 6pm CT / 7pm ET

Virtual Loss of a Sibling

Upcoming dates: Thurs. Dec 18, Jan 15
3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

● Virtual ● Albuquerque ● East Mountains

HeartLight



Website

720-748-9908

info@heartlightcenter.org

www.heartlightcenter.org

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ONGOING DROP-IN GRIEF SUPPORT GROUPS:

LOSS OF A PARENT/CAREGIVER:

East Mountains: Tijeras At Los Vecinos Community Center

Upcoming dates: Wed. Dec 17, Jan 21 | 5:30 PM

(478 NM-333, Tijeras, NM 87059)

In partnership with Embracing the Journey and Bernalillo County
Community Services

Virtual

Upcoming dates: Wed. Dec 10, Jan 14

5pm PT / 6pm MT / 7pm CT / 8pm ET

Upcoming dates: Wed. Jan 28

5pm PT / 6pm MT / 7pm CT / 8pm ET

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Albuquerque Sudden & Traumatic Loss Group

At Daniels Family Funerals - Carlisle

Upcoming dates: Wed. Dec 10, Jan 14 | 5:30 PM

(Carlisle Chapel, 3113 Carlisle Blvd NE, Albuquerque, NM 87110)

Virtual Sudden & Traumatic Loss Grief Support

Upcoming dates: Tues. Dec 23, Jan 13, & Jan 27

5:30pm PT / 6:30pm MT / 7:30pm CT / 8:30 ET

Virtual Grief Support After a Substance Loss

Upcoming dates: Thurs. Dec 4, Jan 1

5pm PT / 6pm MT / 7pm CT / 8pm ET

Virtual Homicide Loss (Meets Quarterly)

Upcoming dates: December 9

3pm PT / 4pm MT / 5pm CT / 6pm ET

Virtual Suicide Loss Grief Support

Upcoming dates: Thurs. Dec 11, Jan 8

5pm PT / 6pm MT / 7pm CT / 8pm ET

Upcoming dates: Thurs. Jan 22

3pm PT / 4pm MT / 5pm CT / 6pm EST

GRIEF SUPPORT SPECIAL EVENTS:



ALBUQUERQUE: HOLIDAY LOVE AND LIGHT: A REMEMBRANCE EVENT

Dec. 16 | 5:30 – 7:30 PM | Daniels Family Funerals – Carlisle Chapel

3113 Carlisle Blvd. NE, Albuquerque, NM 87110

You are warmly invited to join us for our family-friendly holiday memorial service and candle lighting ceremony. The program will last about 45 minutes, followed by time for fellowship and memorial ornament crafts. Refreshments will be served. All faiths welcome.



ALBUQUERQUE: LIGHTING THE WAY: LUMINARIA REMEMBRANCE EVENT

Dec. 24 | 10:00 – 2:00 PM | Gabaldon Mortuary

1000 Old Coors Dr SW, Albuquerque, NM 87121

Join us for a special day of remembrance with Gabaldon Mortuary. Create luminaria bags to honor loved ones and connect with others in a warm, supportive community. Light refreshments and activities provided.



SEMINARS:



VIRTUAL: FIRST STEPS

Upcoming Dates: Dec 10, Jan 14 | 5pm PT / 6pm MT / 7pm CT / 8pm ET

Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.



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WEEKLY CLOSED GROUP SUPPORT:

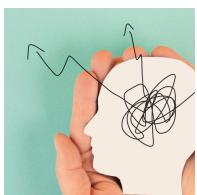
Weekly, closed-group series follow a pre-defined curriculum to help guide group discussions and topics for each meeting.



VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

Tues. Dec 2, 9, 16 & 23 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET

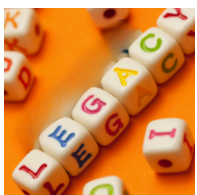
An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



VIRTUAL: THE GRIEVING BRAIN 5-WEEK SUPPORT GROUP AND BOOK CLUB

Thurs. Jan 15, 29, Feb 12, 26 & Mar 12 | 4:30pm PT/5:30pm MT/6:30pm CT/7:30pm ET

A unique combination of peer support and education in this closed, curriculum-based support group. We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$65 (book not included). If group is full, request to be added to the waitlist.



VIRTUAL: LEGACIES OF LOSS 6-WEEK GROUP

Tues. Jan 6, 13, 20, 27, Feb 3 & 10 | 9-10:30am PT/ 10-11:30am MT/ 11-12:30pm CT/ 12-1:30pm ET

For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



SPECIAL GRIEF WORKSHOPS:

Educational and experiential workshops that explore various topics, methods for coping, and activities for anyone who has had a loss. Workshops are offered as a series or one time program.



VIRTUAL: GRIEF & THE HOLIDAYS

Sat. Sat. Dec 13 | 8:30am PT/9:30am MT/10:30am CT/11:30am ET

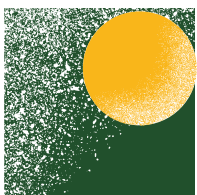
This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events. Suggested Donation: \$20.



VIRTUAL: WRITING THROUGH GRIEF

Sat. Jan 17 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET

Explore grief through the written word in poetry, prose, and reflective writing – how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20



VIRTUAL: GRIEF AFTER THE HOLIDAYS

Sat. Jan 31 | 8:30am PT/9:30am MT/10:30am CT/11:30am ET

A follow-up from the "Grief and the Holidays" workshops, and for anyone who has attended a Facing the Mourning group and experienced the "Goal Setting with Milestones" section of that group, this virtual workshop is a way to get some support and helpful tips when transitioning to the new year.



● Virtual ● Albuquerque

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TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts experts to speak on various grief and loss topics throughout the year.
Seminars are presentational and all are invited to learn.

VIRTUAL: UNDERSTANDING GUILT WITH SUICIDE LOSS - PRESENTED BY REBECCA SANFORD, PHD, RCSW, RCC



Program for Professionals:
Guilt and Suicide Grief: Support Clients

Tues, February 24, 2026 | 8-10am PT/ 9-11am MT/ 10-12pm CT/ 11-1pm ET

Program for Anyone Who is Grieving or Supporting a Griever:
Exploring Guilt in Suicide Bereavement

Tues. February 24, 2026 | 4-5:30pm PT/ 5-6:30pm MT/ 6-7:30pm CT/ 7-8:30pm ET



FACING THE MOURNING FACILITATOR TRAINING:

Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization. (For Professionals).



VIRTUAL: FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. Jan 23

Start Time: 10am PT/ 11am MT/ 12pm CT/ 1pm ET

Cost: \$90



RESOURCES:

Resources for those who have experienced a loss as well as professionals supporting someone who has experienced a loss. Learn more by scanning the QR code.

Recommended Grief Media:

- Book List
- Podcasts
- Websites
- Videos

Topic Specific Grief Brochures & Handouts:

- Helping Someone Who is Grieving
- Helpful Information About Grief
- Why Are The Holidays So Hard?
- What Can I Do About My Grief?
- Supporting Grieving Kids
- Individual vs. Group Support
- Loss in the Work Place



YOU DON'T HAVE TO GRIEVE ALONE.

HeartLight Center is a non-profit that companions and educates people through their grief to find hope. HeartLight offers support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.

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MY PROGRAM CALENDAR:

Please use this space to mark down any events that interest you. Feel free to contact us with any questions.
We look forward to seeing you soon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Dec		



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31